

**NEW
COURSE**

SCIENCE OF WELLNESS

3/7/20

HOSTED BY CHULA VISTA POLICE DEPARTMENT

315 4TH AVENUE, CHULA VISTA, CA 91910 FROM 0800-1700 HOURS

Stressful work-related events occur repetitively in public safety and stressful work environment may enhance rise for various mental health conditions. Learn the science behind wellness to develop coping and resilience skills to jump start the path to wellness.

This presentation is designed for current 9-1-1 public safety dispatchers

Facilitated by Kim Turner and Dr. Michelle Lilly

POST CERTIFIED PLAN V CCN 1301-21764-19-002

THIS PRESENTATION IS **FREE**

CPT CREDIT EARNED. ELIGIBLE FOR TRAVEL REIMBURSEMENT. CLASS SIZE LIMITED.

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